



# **Frequent Mental Distress**

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **9 of every 100** Ellis County adults 18 years and older had frequent mental distress.



## **Depressive Disorder**

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **20 of every 100** Ellis County adults 18 years and older had depressive disorder.



www.kdheks.gov/brfss

Kansas Behavioral Risk Factor Surveillance System-Local Data, 2017. Kansas Department of Health and Environment, Bureau of Health Promotion website. Available at http://www.kdheks.gov/brfss/BRFSS2017/index.html. Accessed July 21, 2019. Supported by grants from the Health Forward Foundation, Kansas Health Foundation, REACH Healthcare Foundation, Sunflower Foundation and the Centers for Disease Control and Prevention.

# Depressive Disorder by Selected Socio-demographic Characteristics, Ellis County

#### **BY GENDER\***

26.6%

**Nearly 27** of every 100 adult women.



13.1%

**About 13** of every 100 adult men.

## BY AGE\*



About 17 of every 100 adults aged 18-44 years.



About 29 of every 100 adults aged 45-64 years.

#### **BY EDUCATION\***



30.0%

**30** of every 100 adults with a high school education or less.



**16** of every 100 adults with some college education or higher.

## **BY PHYSICAL ACTIVITY\***



17.5%

**Nearly 18** of every 100 adults who participate in leisure-time physical activity



23.5%

**Nearly 24** of every 100 adults who did not participate in leisure-time physical activity

- \*The prevalence estimates of depressive disorder in Ellis County are not significantly different by gender, age, education and physical activity aroups
- \*Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"